

OF NUTRITION

Flavor And Nutrition

(NAPSA)—Grapes are one of this nation's favorite fruits, and they are available all year because of the global agricultural community. From December to May, 360,000 tons of grapes arrive in the U.S. from Chile.

Children miss their 5 A Day by more than one and a half servings a day. Keeping a bowl of grapes ready for snacking or a quick addition to lunches is an easy way to help children reach 5 A Day for Better Health. Grapes are high in vitamin C and have a variety of antioxidant phytonutrients. Try this easy recipe for spiced grapes. It's a wonderful dessert.



Spiced Chilean Grapes

Makes 4 servings

Preparation Time—15 minutes

- 1½ cups orange juice
- 4 tablespoons sugar
- ½ teaspoon cinnamon
- ¼ teaspoon ginger
- ¼ teaspoon almond *or* vanilla extract
- 2 tablespoons honey
- 4 cups Chilean seedless grapes
- 4 orange slices for garnish (optional)

In a small saucepan stir together the orange juice, sugar, cinnamon, and ginger. Bring to a boil, reduce heat and simmer over medium heat for about 10-12 minutes until the mixture is reduced by one third. Remove from heat and cool to room temperature. When cooled, stir in extract and honey. Pour over grapes and chill. Serve grapes and sauce garnished with an orange slice.



Note to Editors: Fortieth in a series of monthly 5-A-Day columns. Chilean grapes are available from December to May.